

VPQHC

Vermont Program for Quality in Health Care, Inc.

ED Youth Activity Kits

VCF, VPQHC & VAHHS

March 15, 2022

Beginnings: VCF & VAHHS partner with VPQHC

registering for the COVID vaccine and a ride to get it is free.”



Learn more »

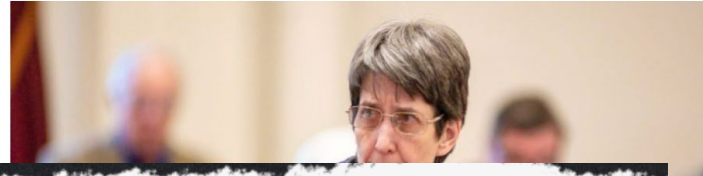


Lawmakers want accountability as state officials try to reduce wait times for kids in ERs

By Katie Jickling
May 11 2021



Email



‘A crisis’: Kids seeking mental health care are waiting for days in emergency rooms

By Katie Jickling
Apr 27 2021



SOUND THE ALARM FOR KIDS: WE ARE IN A NATIONAL MENTAL HEALTH EMERGENCY

School stress. Social isolation. Family upheaval. A pandemic.

Our nation’s children and teens have quietly been carrying the weight of the world on their shoulders for too long. Today, the Children’s Hospital Association (CHA) is sounding the alarm for kids because:

The kids’ mental health crisis is a national emergency.

VCF Pre-Project Survey Results - Hospital Participants: Assembled Activity Kits

- ▶ Gifford Medical Center
- ▶ Grace Cottage Hospital
- ▶ Mt. Ascutney Hospital
- ▶ North Country Hospital
- ▶ Northeastern VT Regional Hospital
- ▶ Northwestern Medical Center
- ▶ Rutland Regional Medical Center
- ▶ Southwestern VT Medical Center
- ▶ Springfield Hospital
- ▶ UVMHN - CVMC
- ▶ UVMHN - Porter Medical Center

Vermont Community Foundation surveyed VT hospitals on their interest in receiving pre-made activity/comfort kits, or in receiving the equivalent in grant funds for similar existing ED programs. (Brattleboro Memorial, Copley Hospital & UVMHC)

The funding for this project was received through an award from the Mental Health & Suicide Prevention Grant Initiative of the VT COVID -19 Response Fund

Resources - Kit Building Guidelines: EIIC & Boston Children's Hospital



Self-Care Resource Packet: Binder for use by Care-Givers or ED Staff for patients under the age 18 boarding in the ED for mental health conditions. All items are PDF's, just need binders, with pocket sleeves and dividers.

Some of the items found in this binder:

- ✓ Communication Boards for non-verbal patients
- ✓ Mindfulness Exercises - (activities, breathing, stretching, finger mazes)



Each Participating Hospital will receive a Binder!

[EIIC - Emergency Medical Services for Children
Innovation and Improvement Center - Activity
Resource Packet Link](#)

Resources - Kit Building Guidelines:

Content Adapted from:



VPQHC/VCF/VAHHS Kits Built Using BCH's **Green Zone Materials**.

SAFETY ZONE MATERIALS					
Boston Children's Hospital Child Life Services					
	GAMES	ARTS & CRAFTS	FIDGET	OTHER	
GREEN ZONE Typically Always Safe	Playing Cards Card Games (Uno, SkipBo, Phase 10) Apples to Apples Word Searches Sudoku Puzzles Matching Memory	Play Doh Model Magic Crayons Oil Pastels Washi Tape Velvet Art Pictures Sticker Scenes Journals - No Spiral	Finger Paints Kinetic Sand Mandalas Origami	FOAM Stress Balls Pop Tubes Poppers Thinking Putty	Stuffed Animal Listening to Music Mediation/Yoga/Relaxation White Noise Machine

[Boston Children's Hospital - ED Kit Staff Resource Guide.](#)

ED Youth Activity Kit Building Materials: By Age Group

▶ Ages 3-5:

- ▶ Jumbo Crayons
- ▶ Coloring/Activity Sheets
- ▶ Picture Book
- ▶ Stuffed Puppet
- ▶ Bubble Popper
- ▶ Card Games
- ▶ Stress Ball



Ages 6-12:

- Washable Markers
- Coloring/Activity Book
- Puzzle Books
- Pop Tubes
- Card Games
- Sticker Art
- Push Bubble Fidget



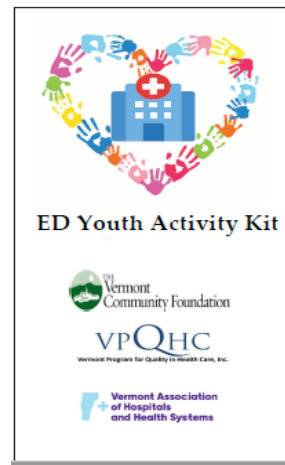
Ages 13-18:

- Washable Markers
- Coloring/Activity Book
- Playing Cards
- Push Fidget
- Stress Balls
- Word Puzzles
- Card Games



Kit Packaging Guidelines: Hospital Distribution

- ▶ In keeping with Safety & Compliance Guidelines:
 - ❖ Each kit will be packaged in a one-piece, stackable cardboard box.
 - ❖ Each box will have small, clear security tapes on lid & each side.
 - ❖ Each box will also have a content label & sticker to note the age group of the kit. In addition to having the age group in text, the age groups will be color coded. Labels will be applied to the top and 1 side of kit box for stacking.



AGES
5-12

Kit Guidelines: Hospital Distribution

- ▶ ***Before giving any items to mental health patients, it is important for hospitals to discuss limitations and restrictions with the ED care team.***
- ▶ VPQHC's attorney, Anne Cramer, has reviewed the proposed kit materials and BCH's resources, for safety & compliance, and has suggested the following disclaimer: *"With a grant from the Vermont Community Foundation, VPQHC is making available activity kits for children who are experiencing an extended stay in hospital emergency rooms. Activity kits should be provided and used under the supervision of an adult. Although the items in the kit have been chosen using a Guide provided by the Boston Children's Hospital, it is the Hospital's responsibility to individually consider and determine the appropriateness and safety of the items provided for use by each child or youth boarding in its Emergency Department."*
- ▶ Disclaimer and ED staff "intro & guideline" sheet included in binder, to be distributed for ED posting.

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Kit Contents - Age Group 3-5 - Sample



Kit Contents - Age Group 3-5 - Completely Packed!



Kit Contents - Age Group 6-12 - Packing Underway!



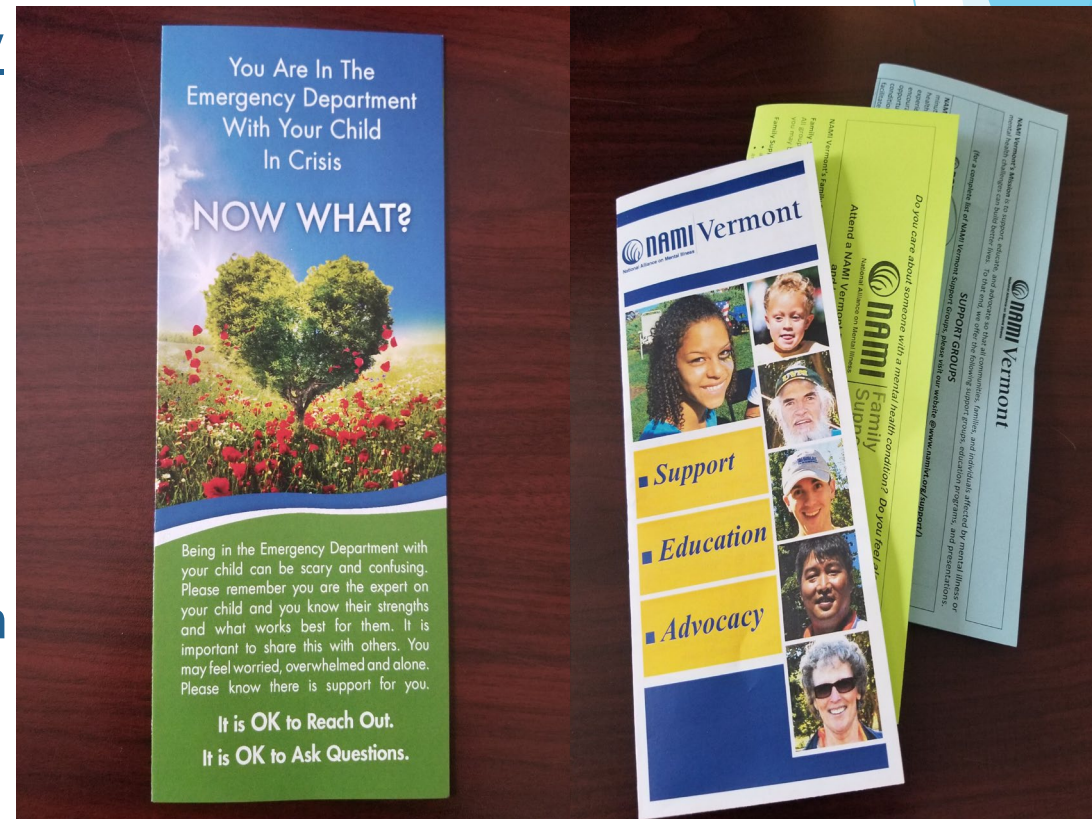
Kit Contents - Age Group 13-18 - Packing Underway!



Kit Contents - Other Partner Resources!

Through an introduction from VAHHS, VPQHC is collaborating with the Agency of Human Services, Department of Mental Health and NAMI Vermont - National Alliance on Mental Illness to include materials from both organizations!

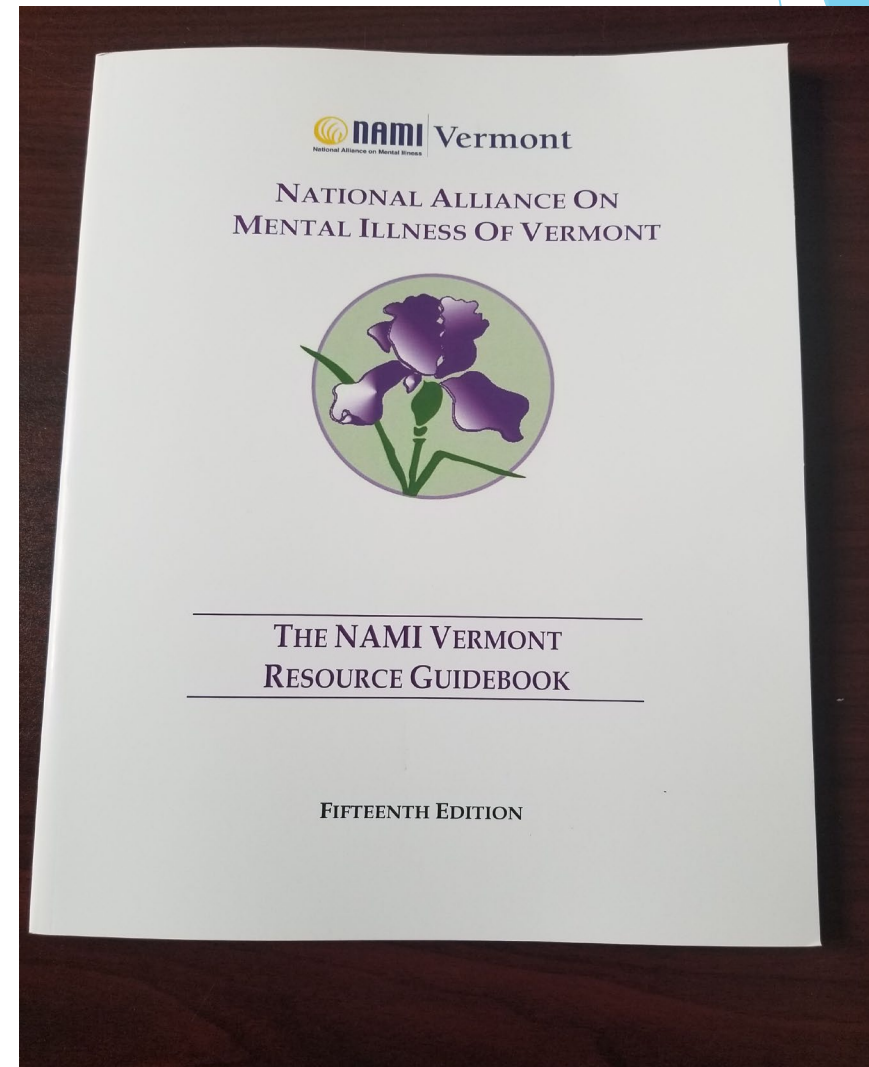
The brochures shown will be included in each kit.



Kit Contents - Included Additional Partner Resources!

NAMI Vermont - *National Alliance on Mental Illness* is including their 95-page NAMI Vermont Resource Guidebook in the Self-Care Resource Binder.

*Additional copies of the guidebook are also provided to distribute to parents & caregivers.



ED Binder & Activity Kit Laminated Posters:



SELF CARE RESOURCE BINDER & ACTIVITY KITS

We now have a self-care activity binder and activity kits available for pediatric patients in the ED with a mental health condition. The binder sheets are designed to be given to caregivers for patients who have had their mental health evaluated and are now awaiting further care. Please become familiar with them.

The binder is located at:

The activity kits are located:

Questions? Contact:

Content adapted from



SELF CARE RESOURCE BINDER & ACTIVITY KITS

We now have a self-care activity binder and activity kits available for pediatric patients in the ED with a mental health condition. The binder sheets are designed to be given to caregivers for patients who have had their mental health evaluated and are now awaiting further care.

Please ask the ED staff for more information!

Content adapted from




ED Youth Activity Kit Project Status: Orientation & Scheduling Deliveries!


- ▶ *Deliveries will be based on each hospital's timing requests, & based on their capability to implement and store the ED Youth Activity Kits. There will be a 20-30 minute video meeting "orientation" with each hospital's ED contact for this project. This meeting will review the activity kit contents, purchasing guide resources, disclaimer, safety & compliance review, as well as a review of the included Self-Care Resource binder and the other resources available. (DMH & NAMI)*



ED Youth Activity Kit Project Status: Deliveries!

- ▶  **#1 Kick-Off!** - *Grace Cottage Hospital - 2/10/22*
- ▶ *Central VT Medical Center - 2/23/22 (VPQHC Staff delivered)*
- ▶ *Northwestern Medical Center - 3/1/22 (VPQHC Staff delivered)*
- ▶ *Rutland Regional Medical Center - 3/2/22*
- ▶ *Springfield Hospital - 3/3/22*
- ▶ *Southwestern VT Medical Center - 3/4/22*
- ▶ *North Country Hospital - 3/11/22 (VPQHC Staff delivered)*

- ▶ ***PENDING Deliveries: Gifford orientation completed 3/10***
- ▶ ***Northeastern VT Regional orientation completed 3/14***
- ▶ ***Mt. Ascutney Hospital orientation pending 3/21***

- ▶  ***Final Hospital - Follow-Up Outreach to Porter Medical Center***

Photos!

Pictured here from Grace Cottage Hospital: Nicole DeBlois, Nursing Unit Secretary, Melissa Mace, ED RN & Josh Rosenblum, ED PA



Volunteers! Packing Partners!

VAHHS Staff - Emma & Devon and Kerstin Hanson of NAMI VT volunteering



Questions & Comments?

▶ All Feedback Welcome! Please feel free to reach out!

▶ *Thank you!*

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▶ (802) 229-2150 direct line